

**Supplementary Table 1:** Descriptive Statistics (means and standard deviations (M, SD) for the participants in the non-suggestion condition and the suggestion condition in experiment 1 and experiment 2.

<b>Experiment 1</b>			
	<b>condition</b>	<b><i>M</i></b>	<b><i>SD</i></b>
<b>Age</b>	No-suggestion	21.64	2.93
	Suggestion	22.92	3.47
<b>BMI</b>	No-suggestion	21.91	2.83
	Suggestion	21.79	2.97
<b>Last meal</b>	No-suggestion	2.70	3.43
	Suggestion	3.07	3.04
<b>Hunger level</b>	No-suggestion	2.78	2.07
	Suggestion	3.14	2.21
		<i>N</i>	
		No-suggestion	99
		Suggestion	118
<b>Experiment 2</b>			
	<b>condition</b>	<b><i>M</i></b>	<b><i>SD</i></b>
<b>Age</b>	No-suggestion	22.21	3.33
	Suggestion	23.26	3.43
<b>BMI</b>	No-suggestion	21.45	2.65
	Suggestion	21.84	3.23
<b>Last meal</b>	No-suggestion	3.44	3.60
	Suggestion	3.89	3.93
<b>Hunger level</b>	No-suggestion	3.09	2.38
	Suggestion	3.11	2.34
		<i>N</i>	
		No-suggestion	118
		Suggestion	113

Footnote: last meal = “When was the last time you ate (in hours)?”; hunger = “How hungry are you at the moment?” (1 = “not hungry at all”; 9 = “very hungry”); BMI = “Body mass index”